SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 10

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NEWS WORTH SHARING.

SPLISH SPLASH AWAY

William Jans clicks his heels during the annual polar bear swim in English Bay Wednesday. In all, 2,550 people braved the 8 C water in the 94th annual event, breaking the attendance record set in 2011. Story, page 3. JENNIFER GAUTHIER/METRO

Police investigating woman's fatal fall

Surrey. Man taken into custody following plunge from highrise

Homicide detectives are investigating the suspicious death of a 19-year-old woman who plunged from the 26th storey of a Surrey highrise just an hour after revellers cheered in the new year.

Police reportedly discovered the woman's body at the base of a condo tower near the 13000 block of 100th Avenue just after 1 a.m. They were originally called to the scene regarding a possible domestic dispute between a 19-year-old woman and a 23-year-old man, police said.

A male resident is in custody but has not yet been charged, according to a release issued by Sgt. Adam MacIntosh of the Integrated Homicide Investigation Team.

"IHIT investigators and the Surrey RCMP are working together at this very preliminary stage of the investigation," said MacIntosh.

Wednesday's death follows the most violent year in Surrey's history.

The rapidly growing city saw its 25th homicide of 2013 just a day before the calendar flipped, when 53-year-old Julie Paskal succumbed to her injuries.

She was attacked outside a hockey arena in Surrey's Newton neighbourhood on Dec. 29, in what police believe to be a robbery.

ELIZABETH HAMES/FOR METRO

Huh? They were dating?

Metro recounts the top-10 celebrity breakups of 2013, from Ryan and Julianne to Miley and Liam PAGE 10

Brighten up your closet

Watch out for pastels, fringes and blooms in 2014 PAGE 11

Team Canada: Who's in?

Is Luongo Sochi-bound? Metro reporter Cam Tucker thinks so PAGE 14

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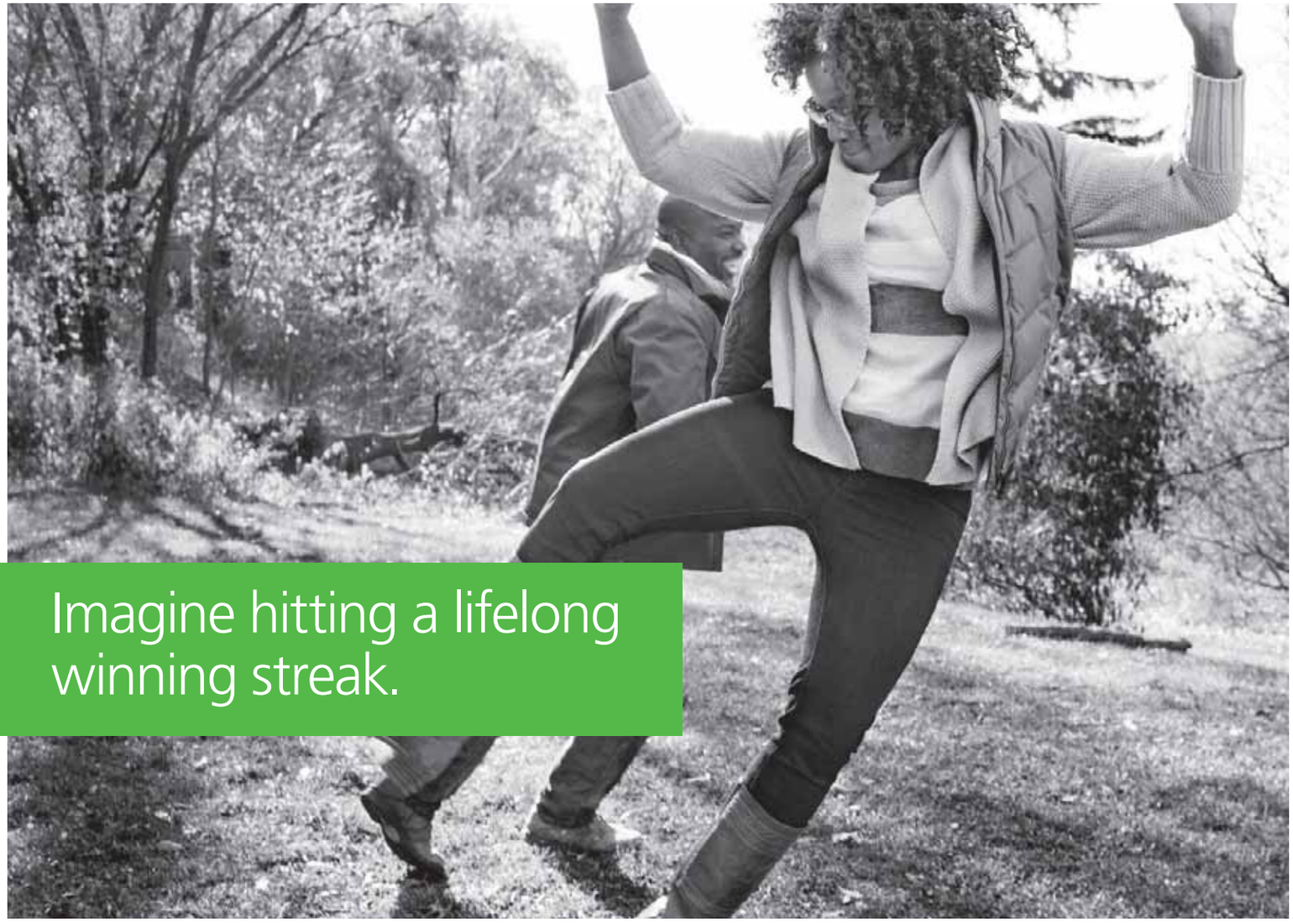

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It's a boy!

Province's first baby of 2014 born in Victoria

B.C.'s first baby of 2014 was born at Victoria General Hospital at a minute after midnight.

The parents, Daisy Tsai and Jason Yen, welcomed a baby boy, who weighed in at eight pounds, five ounces, according to Vancouver Island Health Authority.

Yen is a dentist in Victoria and Tsai is a piano teacher. This is their first baby and first grandchild on both sides of the family.

The couple named their infant Daryl. Yen jokes that the name comes from the TV show The Walking Dead, said Moira McLean, a spokeswoman for the health authority.

The first baby in the Lower Mainland was born at 12:02 a.m. at St. Paul's Hospital in Vancouver.

The unnamed baby boy was born to Julia Williams and Shane Vandermeer.

"Mother and baby are doing fine, but we are taking some extra precautions with baby boy Vandermeer and he is in NICU (neonatal intensive care unit) right now. So all will be well," said Trudi Beutel, a spokeswoman for Vancouver Coastal Health.

According to B.C. Vital Statistics released earlier this week, Ethan and Olivia were the most popular names for babies born in B.C. in 2012.

SINDHU DHARMARAJAH/FOR METRO

Father Jason Yen with baby Daryl CONTRIBUTED

Newlyweds Dana and Fraser Hammoud-Goodwin were married New Year's Eve and took part in the annual Polar Bear Swim yesterday at English Bay.
JENNIFER GAUTHIER/METRO

Thousands take the chilly plunge

94th Polar Bear Swim. For some, the first day of 2014 involved taking a dip in 8 C water

EMILY JACKSON
emily.jackson@metronews.ca

They stripped down to their skivvies, dressed in head-to-toe animal costumes and swarmed English Bay in record numbers.

You might think they're crazy, but a record-breaking 2,550 folks (including your Metro reporter) decided to ring in 2014 by taking a dip in the 8 C water for Vancouver's 94th annual New Year's Day Polar Bear Swim.

"We're very excited," said Vancouver park board aquatic supervisor Sean Healy of the record, previously set in 2011 with 2,246 swimmers.

The food bank also received a record amount of donations from participants at one of the largest polar bear dips in the world.

While the record could be attributed to the ideal conditions — the water was two degrees warmer than usual, the air temperature was 6 C and there was only a drizzle of rain — it could also reflect hype surrounding the event, Healy said.

"Some people get geared up for Halloween or Christmas, but for some people this is their event of the year," he said. "It's a truly special celebration of community."

That rings true for Terry Saik, who first did the Polar Bear Swim as a bet when he was in high school in the '80s.

"I just haven't stopped," the 49-year-old Edmonton resident said, his coat adorned with participant buttons as he readied for his 31st dip.

"No matter where I live in the country, I come back to visit my family and don't go home until I do this." Besides, he said, it's a better habit than smoking.

The swim is already a tradition for birthday boy Cullin Mooney, too — a pretty impressive feat considering he's only two years old.

"We wanted it to be a family thing on his birthday every year," said his mom Cathy, who snapped photos of Cullin and his dad as they made their way to the water in pirate costumes.

And amidst the shrieking frenzy, some romance flourished in front of up to 15,000 spectators. A bride and groom, married on Tuesday, started their marriage off with a splash, the bride still wearing her wedding dress.

Surrey rink. Hockey mom dies of injuries suffered in vicious attack

A hockey mom who was viciously attacked as she waited for her son at a Surrey hockey rink died Tuesday.

Sgt. Adam MacIntosh said Julie Paskall succumbed to the injuries she suffered on Sunday night outside the Newton Arena.

Police said from the outset that the 53-year-old mother of three was not expected to survive and Paskall's family gathered at her hospital bedside as she remained on life support to say goodbye.

Police suspect Paskall was the victim of a random robbery. THE CANADIAN PRESS

Siberian tiger put down at zoo

The Greater Vancouver Zoo began the New Year on a sad note with the loss of its oldest Siberian tiger.

The staff at the Greater Vancouver Zoo euthanized an 18-year-old Siberian tiger named Sweetie on Tuesday. The animal suffered from a lack of appetite, lethargy and respiratory problems.

Sweetie spent the last month and a half in veterinary care. The staff tried to medicate and stimulate her appetite, but her condition continued to decline. A full necropsy will be performed to determine what caused Sweetie's illness.

Sweetie was born at the zoo and has outlived the median life expectancy for tigers born in captivity of 14 years, said zoo general manager Jody Henderson in a press release.

SINDHU DHARMARAJAH/FOR METRO

Sweetie the tiger was euthanized Tuesday at the Greater Vancouver Zoo. COURTESY GREATER VANCOUVER ZOO

Palestinian ambassador to Czech Republic killed by an exploding safe

Booby-trapped?
Foreign minister says no foul play suspected in apartment blast

The Palestinian ambassador to the Czech Republic died Wednesday in an explosion that occurred when he opened an old safe that had been left untouched for more than 20 years, officials said.

Ambassador Jamal al-Jamal, 56, was at home with his family at the time of the explosion, according to Palestinian Embassy spokesman Nabil El-Fahel. Al-Jamal was seriously injured and rushed to a hospital where he died, according to police spokeswoman Andrea Zoulova.

Palestinian Foreign Minister Riad Malki said no foul play was suspected, noting that the safe had been left untouched for more than 20 years.

An October 2013 photo of Jamal al-Jamal. THE ASSOCIATED PRESS FILE

It also appeared that the door of the safe had been booby-trapped, according to Zoulova. It was unclear how al-Jamal tried to open it or what type of safe it was.

The safe was recently moved from the old embassy building, but it had come from a building that used to house the Palestinian Liberation Organization's offices in the 1980s, Malki said.

"The ambassador decided to open it. After he opened it, apparently something happened inside (the safe) and went off," Malki told The Associated Press.

It was not immediately clear how Malki knew the safe had been untouched for more than 20 years or why and when the safe would have been booby-trapped.

During the 1980s — before the fall of the Soviet Union — the PLO had close ties with the Eastern bloc countries. In recent years, relations have been tense and the Czech government was seen as taking Israel's side in the Mideast conflict, said Nabil Shaath, a foreign affairs veteran and official in Palestinian President Mahmoud Abbas's Fatah movement.

"The safe was sitting ... in ... the old embassy.... No one had touched it for 20 to 25 years," Malki said. THE ASSOCIATED PRESS

'Intimidation.' MP says Sri Lanka officials threatened to arrest and detain her

A New Democrat MP of Tamil heritage says she experienced "political intimidation" during a private visit to her native Sri Lanka, but that authorities stopped short of trying to kick her out of the country.

In a statement issued Wednesday, Rathika Sitsabaiesan said she was warned by Sri Lankan officials that she could be arrested and deported.

Canadian officials were scrambling on New Year's Eve to determine the veracity of reports that Sitsabaiesan, a Toronto-area MP, had been placed under house arrest.

Sitsabaiesan said in the statement that she had received word from the Canadian High Commission in Colombo that there was in fact no Sri Lankan arrest warrant in her name.

Sitsabaiesan, 32, came to Canada with her family at the age of five and was elected to the House of Commons in 2011 in the Toronto-area riding of Scarborough-Rouge River. THE CANADIAN PRESS

NDP MP Rathika Sitsabaiesan rises during Question Period in the House of Commons in October 2012. Sitsabaiesan claims she faced "political intimidation" during a visit to her native Sri Lanka. ADRIAN WYLD/THE CANADIAN PRESS FILE

Former Israeli PM

Sharon's health takes a bad turn

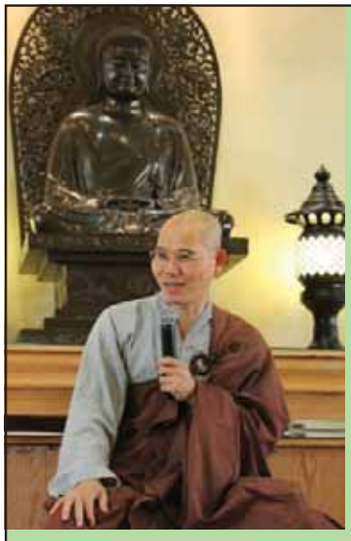
The medical condition of the comatose former Israeli prime minister Ariel Sharon sharply deteriorated Wednesday, the hospital treating him said.

Sharon, 85, has been in a coma since 2006 when a devastating stroke incapacitated him at the height of his political power. His family has said that he sometimes opens his eyes and moves his fingers. THE ASSOCIATED PRESS

Cayman Islands cruise

Canadian may have fallen off ship

Police in the Cayman Islands said Wednesday that they suspect a Canadian cruise ship passenger may have fallen off the boat as search crews scoured waters around the British Caribbean territory. Police said they believe the unidentified 65-year-old man may have fallen on Tuesday. THE ASSOCIATED PRESS



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Abbot of Dharma Drum Retreat Center & Chan Meditation Center in New York

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Joe CEO earns 171 times more than Joe Schmo

Life found on 'economic stratosphere.' Report out on Canada's top 100

Five years after the Great Recession wiped out thousands of jobs, Canada's top 100 CEOs continue to live in the "economic stratosphere," a study says.

They earned an average of $7.9 million in 2012, a report by the Canadian Centre for Policy Alternatives found. In comparison, the average Canadian earned $46,634, the study noted. That means Canada's top CEOs earned 171 times the average industrial wage.

Despite growing outcry over the widening income gap and soaring executive pay, very little has changed since 2008, when rules on how stock options should be valued were changed, the report says.

"For me, the remarkable thing about the last two or three years is what's not happening: … Any moderation despite the focus on the one per cent, despite the constant stories about excessive executive compensation … these salaries have been remarkably resilient," says Hugh Mackenzie, an economist with CCPA.

Put another way: By 1:11 p.m. today, the top 100 CEOs will have earned as much as the average Canadian earns all year, according to the report, called All in a Day's Work? CEO Pay in Canada. The main driver of soaring pay is grants of shares and stock options.

There's no clear relationship between compensation and performance, the report concludes. TORSTAR NEWS SERVICE

Top 5 CEO earners (2012)

- **$49M.** E. Hunter Harrison, Canadian Pacific Railways Ltd.
- **$18.8M.** James C. Smith, Thomson Reuters Corp.
- **$18.67M.** John A. Manzoni, Talisman Energy Inc.
- **$18.66M.** Paul N. Wright, Eldorado Gold Corp.
- **$16.85M.** Donald J. Walker, Magna International Inc.

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Green stands for cash, envy and getting high

Tyler Williams of Blanchester, Ohio, selects marijuana strains to buy at the 3-D Denver Discrete Dispensary on Wednesday in Denver, Colo. Legalization of recreational marijuana sales in the state went into effect at 8 a.m. on what some have referred to as Green Wednesday. THEO STROOMER/GETTY IMAGES

Rewind

Duo in Saskatoon bringing back VHS

Two Saskatoon movie buffs are reaching into their personal collections in hopes of bringing back the VHS movie rental. Jon Vaughn and Tyler Baptist, whose store is called Videonomicon, estimate they have about 2,000 VHS tapes.

Their taste runs to science fiction and action, and includes such obscurities as 1985's Annihilators.

For Vaughn, choosing which movies to offer is like being a curator at an art gallery. "They are kind of cultural artifacts in (and of) themselves now," he said.

"These films don't deserve to be lost," added Baptist. THE CANADIAN PRESS

2014: THIS TIME FOR SURE

HE SAYS

John Mazerolle
metronews.ca

The word 'resolution' is from the Greek meaning, "something you tell people you're going to do that makes them say, 'good for you!' and then you feel good but you don't actually do the thing you said because the pat on the back from the people you told was more than enough satisfaction."

This is why resolutions are all Greek to me. (Ha!)

I've made bachelorhood-related resolutions many times since I started writing a weekly column in 1957, so I'll be taking the idea one step farther in 2014 by following through on a few of them. It's worth a shot.

It's necessary because even I've got to admit my bachelorhood lifestyle is getting out of hand. If I died today my obituary is pretty much guaranteed to include the word 'squalid.'

It has to change, which is why I present:

John's Bachelorhood Resolutions 2014: This time for sure

— I resolve to stop passing off the coloured mould in the bathroom as "accents."
— I resolve to throw out my spoiled milk instead of just sliding in new cartons next to the old ones until my fridge door looks like The Two Per Cent Milk Carton Museum and Cafe. Alternatively, I vow to claim that the 2 per cent fridge wall is a Damien Hirst installation entitled The Twelve Sacraments and cash in.
— I will note the irony of only cleaning up when I expect the arrival of the cleaning lady.
— I resolve to make my spice rack more relevant than the Spice Girls.
— I will learn that girlish screams are not enough to lift tough stains, that changing my angle slightly in the mirror is not the same as weight loss, and that mixing two different flavours of Campbell's Soup is not a "recipe."
— I vow to use my vacuum cleaner at least as often as I open my Drawer o' Random Cords. (I do that often, though I'm never sure why.)
— I will use only toilet paper as toilet paper. I don't get to hum the MacGyver theme because I found an alternative use for the coffee filters.
— I resolve to value my sunroom as a cherished part of my apartment instead of the place I throw recycling, DVDs without cases, books without shelf space, garbage bags containing things I'm not certain I remember, and deceased organisms.
— If I choose to procrastinate on all of these resolutions, I need a better excuse than, "My favourite Internet is on."

And those are my resolutions.

In 2014, won't you drop by my apartment to see how well I'm doing?

Please note that the Public Health Agency recommends a tetanus booster for anyone visiting my apartment and requires proof of immunization against Japanese encephalitis for some reason. See you soon!

ZOOM

Probably more fun than whatever you did:

Snapshots of New Year's celebrations around the world:

Indonesia

Girls in traditional costumes gather during a parade for the last sundown of the year on Bali island. FIRDIA LISNAWATI/ THE ASSOCIATED PRESS

Germany

O Gunners of the historical Grenadier Corps 1810 greet the new year with 12 cannon salutes in Villingen-Schwenningen, southwestern Germany. This New Year's tradition dates back to 1633 remembering an overcome siege during the Thirty Year's War. PATRICK SEEGER/DPA/ THE ASSOCIATED PRESS

USA

Dick the Dog is pushed in a carriage during the Key West Dachshund Walk. About 200 canines participated in the annual procession. ANDY NEWMAN/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

Ecuador

A mask in the likeness of President Rafael Correa hangs with other masks in Quito, Ecuador. The masks are created to place on effigies that are burned at midnight. ANA MARIA BUITON/ THE ASSOCIATED PRESS

Clickbait

LUKE SIMCOE
Metro Online

Although the video game market is still dominated by major studios, smaller, independent developers are finding new ways to reach consumers. Increasingly, this means packaging their games together in a pay-what-you-can bundle. Here are a few sites that will help you get your hands on some new games for cheap, and maybe even help out a charity or two along the way.

humblebundle.com:
The king of the bundle scene, Humble Bundle has been going strong for over three years. They typically bring in over $1 million in sales for their packages, with the money being split between the organization, the game developers and charities like the Red Cross and the Electronic Frontier Foundation. Their games are cross-platform, and they've recently branched out to include mobile titles and even ebooks and music.

bundlestars.com:
Based in the United Kingdom, this site offers bundles catering to different video game genres, from sports to role-playing games.

indieroyale.com:
With a true focus on independent games, these bundles are guaranteed to include at least a few titles you've never heard of.

Twitter

A woman finds what she describes as a "very lethargic" snake in a curbside couch months after she initially picked it up. What's the weirdest thing you ever picked up with a roadside freebie?

@thewrongshoes: a rat had babies inside a sofabed we never opened. sat on them & squished.them. found out when they started to rot

@SUNAllisonSalz: Saw a computer. Took it home. Realized why it was free. Put it back.

@EminaKosjenka Friends got couch that kept hemorrhaging money on the way home! They plan on loading it w/change when theyr done w/ it.

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SCENE 2

Had too much cheer on NYE? Dry out with Desert Runners

Activities to stave off the January blues. Films, a travelling horse show and Driving Miss Daisy

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

From left, John Alexander Campbell, Nicola Lipman and Brian Linds star in the Arts Club presentation of Driving Miss Daisy. DAVID COOPER/ARTS CLUB

Imbibed too much on New Year's Eve?

As the Irish Rovers once sang: "Could've been the whiskey, might've been the gin/Could've been the three or four six packs I don't know but look at the mess I'm in/My head is like a football, I think I'm gonna die/Tell me, me oh, me oh, my, wasn't that a party?"

Yes, given the annual debauchery that is New Year's Eve, you might feel it's a bit too soon to be pitching ideas for your social calendar.

Then again, if you're like me, you've no doubt been stuffing your pie-hole for the last 10 days, and maybe you're ready to get some much-needed exercise.

If that's the case, check out Desert Runners at the Vancity Theatre from Jan. 3-25. It's about desert ultra-marathons — specifically those rare athletes who take on the 4 Deserts race series, which is four gruelling 250-kilometre treks across some of the driest, windiest, hottest and coldest places on the planet.

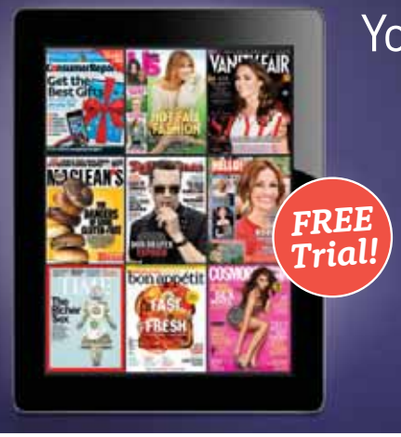
The film won last year's VIFF Audience Award for Best Documentary. Check out viff.org for more information.

They love horses, don't they?

Yes, apparently Lower Mainlanders love them some horses. Or, more specifically, they love humans doing crazy stunts with horses. That's the main premise of Cavalia's Odysseo — with some lovely live music, African acrobats and impressive stage design in the mix. And it's been extended — again. Six additional performances have been added and the show now runs through Jan. 26. Tickets $29.50 to $209.50 plus taxes/fees. Deals for groups, children, juniors and seniors, too. Visit cavalia.net for more information.

Driving Miss Daisy

Arts Club on Tour presents Alfred Uhry's Pulitzer Prize-winning play about the charming adventures of a Southern matriarch (Nicola Lipman) and her chauffeur (John Alexander Campbell). It's wheeling around the Lower Mainland and beyond from Jan. 10 to Feb. 11. Visit artsclub.com for more information.



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Think on your feet to avoid being Chopped

EMILY RICHARDSON
scene@metronews.ca

What does it take to not get chopped? Skill, creativity, patience and really quick thinking. I was invited to be part of a media challenge that welcomed Chopped Canada to Food Network Canada. The show debuts Thursday on the network.

For those of you that don't know the show, here's the plot: four competitors have 20 minutes to create three spur-of-the-moment dishes from ingredients in a mystery basket.

So in true Chopped style, we were handed the mystery basket but organizers cut us some slack — we had 30 minutes to create our dishes, and we got a partner. I was happy to be partnered with Ania Krysa, web producer for Food Network Canada. So did we have an advantage compared to the contestants on Chopped Canada? Yes we certainly did — we could bounce ideas off each other and the two of us could gather ingredients and other equipment we needed.

Host Dean McDermott started the morning by introducing the show's judges: Lynn Crawford, Chuck Hughes, Roger Mooking, Susur Lee, Michael Smith, Vikram Vij, John Higgins and Anne Yarymowich. Then he explained the rules of engagement. On his command, Ania and I opened our basket and pulled out the ingredients one by one — yikes! — beef tenderloin, Canadian cheddar cheese, fresh grapefruit and wait for it... candy sprinkles.

That's the twist that you can expect on the show: something out of the ordinary to throw off contestants. For Ania and me? Heck — grapefruit and sprinkles got our adrenaline pumping and our brains racing with ideas. While Ania was creating an Indian-inspired spice crust that included the candy sprinkles, I began working on the grapefruit, using some rind for the crust as well as reserving the juices for a vinaigrette that we would surely need. How would we use that cheese? Ha! Cheese tuiles topped with candy sprinkles.

We were lucky because there were two of us — I can only imagine what it would be like completing the task by myself, knowing that I'd have a chance to win $10,000.

As the judges tasted our dish, we heard: "Do you want to know what I really think of your dish?" Lynn Crawford asked. "Yes," we said in agreement. "I love it!" she laughed and smiled. The other media teams followed with their amazing dishes. The competition was fierce, as it will be on the show. And sadly, we were chopped — but the experience was more than I could ask for.

Chopped Canada debuts Thursday, Jan. 2 at 10 p.m. ET/PT on Food Network Canada.

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FORTY CREEK MASTER CLASS - 12 TICKETS LEFT.
GLENMORANGIE MASTER CLASS - 3 TICKETS LEFT.
HIGHLAND PARK MAST CLASS - SOLD OUT.
JAMESON MASTER CLASS - 9 TICKETS LEFT.
WHISKY 101 - SOLD OUT.
THE ARRAN MALT MAST CLASS - 15 TICKETS LEFT.
GREAT WHISKY DEBATE - 10 TICKETS LEFT.
WHISKY 201 - SOLD OUT.
THE MACALLAN DINNER - SOLD OUT.
THE GLENLIVET MASTER CLASS - 3 TICKETS LEFT.
THE MACALLAN MASTER CLASS - SOLD OUT.
WISER'S SPECIAL TASTING #1 - SOLD OUT.
WISER'S SPECIAL TASTING #2 - SOLD OUT.
TICKETS / DETAILS FOR ALL HOPSCOTCH FESTIVAL EVENTS ONLINE: www.hopscotchfestival.com
FOODCONNECT.com
westernliving magazine
Classic Rock
Vancouver magazine
metro
BUSINESS VANCOUVER
GET HOME SAFE
NEUROGENESIS Happy Water
BCBUSINESS
CANADIAN MUSIC THERAPY TRUST FUND

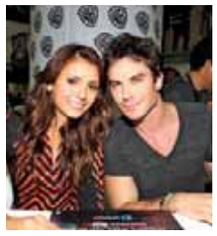
Top 10 celebrity splits of 2013

It was a messy year in the world of celebrity love lives. Both longtime couples and quick-moving flames found themselves burning out. Some parted ways on good terms (at least in the media), others left a wake of gossip and resentment in their paths, and a few even found their way back to each other.

METRO WORLD NEWS

Miley Cyrus and Liam Hemsworth

Jennifer Lawrence and Nicholas Hoult



Nina Dobrev and Ian Somerhalder

Miranda Kerr and Orlando Bloom

Taylor Swift and Harry Styles

Kris Jenner and Bruce Jenner

Katy Perry and John Mayer

Michael Douglas and Catherine Zeta-Jones

Marc Jacobs and Harry Louis

Ryan Seacrest and Julianne Hough

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Audio sampled on Beyoncé single stirring up controversy

MELINDA TAUB
Metro World News

Beyoncé's new single, XO, features audio from the day of the 1986 Challenger disaster. At the beginning of the song, NASA spokesman Steve Nesbitt can be heard saying, "Flight controllers here looking very carefully at the situation. Obviously a major malfunction."

It's an excerpt from a statement he made to reporters as debris from the Challenger rained from the sky. The Challenger exploded on Jan. 28, 1986, and killed all seven astronauts onboard.

"We were disappointed to learn that an audio clip from the day we lost our heroic Challenger crew was used in the song XO," June Scobee Rodgers, widow of Shuttle Commander Dick Scobee, told ABC News. "The moment included in this song is an emotionally difficult one for the Challenger families, colleagues and friends."

Beyoncé stopped short of offering an apology, but she did issue a statement explaining the rationale behind the sample. "My heart goes out to the families of those lost in the Challenger disaster. The song XO was recorded with the sincerest intention to help heal those who have lost loved ones and to remind us that unexpected things happen, so love and appreciate every minute that you have with those who mean the most to you."

Goodbye Uncle Phil

Fresh Prince actor James Avery dies at 65

James Avery, the bulky character actor who laid down the law as the Honorable Philip Banks in The Fresh Prince of Bel-Air, has died.

Avery's publicist, Cynthia Snyder, told The Associated Press that Avery died Tuesday. She did not immediately know the cause of death or where he died. Avery played Will Smith's uncle on the popular TV series. His movie credits included Fletch, 8 Million Ways to Die and The Prince of Egypt. METRO

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SHOPPERS DRUG MART

A brighter 2014 in store for shoppers

Colour me good. Bold graphics, pale pastels set to add pop to your closet in 2014

Whether you're seeking to make a minor ripple or sizable splash in your wardrobe in 2014, prognosticators are hoping to help make the new year a stylish one with predictions of noteworthy new looks in fashion. Lisa Tant, vice-president, fashion editor at Holt Renfrew, shars her views on notable trends and suggestions on how to incorporate the changes within your apparel and accessories.

Pale hues and bold blooms

When it comes to injecting a little extra colour into the wardrobe, Tant suggested opting for a softer touch in the form of a pretty pastel.

"We saw pale pink, pale blue, mint green," she said. "It sounds kind of girly and you might think that sounds too sweetie pie for a lot of women. But it's being cut in really simple shapes like a pale blue

trench coat or a pale pink motorcycle jacket, a mint green pencil skirt. It's really kind of cool colours and classic pieces."

For those keen to crank the colour or longing for a bolder statement in the form of pattern, blooms are back in a big way. Tant pointed to emergence of large, bright, bold florals and tropical patterns for the coming year.

Feeling fringe

Expect to see a little something extra in the form of embellishments on apparel and accessories for the new year. The fringe is flowing and in abundance as a stylish addition to many key pieces. THE CANADIAN PRESS

Hydrating hair oils for winter

Don't underestimate the powers of frigid temperatures, biting winds and central heating to damage your hair

ROMINA MCGUINNESS
Metro World News

So many of us assume that the only time our locks deserve a little TLC — a smother of coconut oil, a drop of shea butter — is once they've been frazzled by the burning sun and dipped in sea salt. Once summer is over, you switch to richer conditioner, slip on a beanie and voilà. But that won't be enough.

Frigid temperatures outdoors, central heating indoors and biting winds can do just as much damage to your hair as 12-day beach vacay. To help, we've rounded up oils formulated with the most nourishing ingredients including avocado, olive or argan to oil, to keep your hair hydrated over winter — despite the blasting heat of the hairdryer.

Moroccanoil
Treatment Light
$50

Kiehl's
Olive and avocado leave-in cream
$30

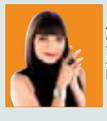
Sisley
Extract for Hair and Scalp
$139

L'Oreal
Professional Mythic Oil
$23

Ojon
Rare Blend Oil Moisture Therapy
$49

Wella
SP Luxe Oil
$33

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Happy day: Perfect way to say goodbye to 2013+hello to 2014!!! X-country skiing at the farm with my family. #bliss

Me in my farmhouse kitchen with my #OrderofCanada pin! Sweetest accessory ever...

Canadian street style

Spotted in: Toronto

Name: Skye

Age: 25

Occupation: Fashion stylist

What she's wearing
Zara coat and scarf, Rebecca Minkoff bag, 3.1 Phillip Lim boots.

Her inspiration
"London street style, i-D magazine, '90s minimalism, Hanne Gaby Odiele: off duty."

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Sparking new life into a cold fireplace

DIY. Tricks for making a hearth more welcoming range from adding pillar candles to installing a new mantle or insert

If your festive stockings are looking out of place hanging from a dated and unused fireplace, it's time to give that old hearth a facelift. Adding some simple and affordable design elements will restore the fireplace as an inviting destination to read a book or gather with friends and family.

To bring an old-fashioned design into the 21st century, consider a more in-depth overhaul that will be both stylish and energy efficient.

Bring the outdoors in

Even if a wood fire isn't in the near future, logs for decoration can give an empty fireplace some life. Try experimenting with different stacking patterns and types of wood, like birch. White birch bark provides a nice contrast to many dark brick fireplaces and can make them look more welcoming and less like a black hole in the wall.

Shine a light with candles

For a more elegant look, replace logs with candles and go for a layered appearance using a mixture of pillar candle sizes. White or cream candles will work with almost any fireplace but get creative by adding some colour to complement the room's decor. To help fill out larger spaces, try adding an elegant cast iron candle holder.

Modernize with a new mantle

Installing a modern and stylish mantle is an easy refresh project. They can either be bought separately or as part of a larger fireplace kit for a more complete makeover. The kits come in different sizes so make sure to take measurements before visiting a store. There are legal requirements about how close materials can be installed from the fireplace opening so do some research before beginning to ensure you're not creating a fire hazard.

Fire up a fireplace insert

While the initial costs of installing a fireplace insert are high, it's a practical and energy efficient solution everyone should consider. Installed into an existing fireplace, inserts not only transfer more heat into the home than a traditional fireplace, but don't let the fire's energy escape through the chimney. Wood-burning inserts are available for the traditionalist, but electric or gas options are far more efficient.

House Crashers

- For more home improvement ideas tune in to House Crashers, Wednesdays at 9 p.m. ET/PT on DIY Network Canada.

Make your fireside inviting again by using the tricks and tips listed. ISTOCK

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

Kick off healthy eating resolutions with baked salmon

For a healthy start to 2014, try this baked salmon.

Ingredients

Citrus marinade

- 1/2 cup (125 ml) orange juice
- 1 tbsp (15 ml) lime zest
- 1 tbsp (15 ml) lemon zest
- 1 tbsp (15 ml) fresh ginger, chopped
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) fresh cilantro, chopped
- 1 tbsp (15 ml) honey
- 2 cloves garlic, chopped
- 2 green onions, chopped
- Freshly ground pepper

- 8 salmon fillets, 5 oz (140 g) each
- 1 tbsp (15 ml) honey
- 6 oz (180 g) Le Noble cheese, cut into 8 slices
- 1 cup (250 ml) snow pea or sunflower shoots
- 1/2 cup (125 ml) fresh cilantro

Asian-Baked Salmon with Le Noble Cheese

This recipe serves eight. DAIRY FARMERS OF CANADA

1. Mix all marinade ingredients and marinate salmon 1 hour.

2. Preheat oven to 425 F (220 C).

3. Remove salmon from marinade and pour into a small saucepan. Place salmon on a parchment-lined baking sheet and cook in the oven for 12–15 minutes or until desired doneness.

4. Meanwhile, bring marinade to a boil, simmer for 5 minutes and remove from heat. Add honey and reserve.

5. Place slice of cheese on each plate, lay salmon over cheese and garnish with shoots and cilantro. **DAIRY FARMERS OF CANADA (ALLYOUNEEDISCHEESE.CA/GRANDPRIX**

Hockey

Kesler named to U.S. Olympic team

Ryan Kesler is bound for Sochi.

The Vancouver Canucks' fiery centre was named to the U.S. men's Olympic hockey team on Wednesday, following the conclusion of the 2014 Winter Classic.

Kesler, 29, competed for the U.S. at the 2010 Games in Vancouver. He played a contributing part in that team's silver-medal performance, scoring in the gold-medal game against Canada.

His appointment to the 2014 U.S. squad comes during a season in which he has managed to remain healthy.

He came to training camp in September with a clean bill of health, something that couldn't be said for each of the previous two seasons, when off-season hip, shoulder and wrist surgeries delayed his entry into the Canucks' lineup on both occasions.

Coming into camp with a full summer dedicated to training as opposed to rehabbing has had a positive impact on his play. He has 15 goals and 27 points in 41 games, although his offensive output has been streaky at times.

He also leads all Vancouver forwards in ice time at just over 22 minutes per game.

Kesler, a native of Livonia, Mich., has been used on the power play and penalty kill and been asked to block shots and take key faceoffs.

The 2014 Sochi Olympics begin on Feb. 7. The men's ice hockey competition begins Feb. 12.

CAM TUCKER/METRO

Lightning goalie Ben Bishop poke-checks the puck off of Daniel Sedin's stick at Rogers Arena on Wednesday night. DARRYL DYCK/THE CANADIAN PRESS

Mistakes costly in Canucks' loss

NHL. Tampa Bay takes advantage of Vancouver's New Year's hangover

CAM TUCKER
cam.tucker@metronews.ca

The Vancouver Canucks looked sloppy and disjointed at times Wednesday, and began the new year in the loss column.

For periods of time, the visiting Tampa Bay Lightning controlled the run of play and made Vancouver's NHL team pay for its mistakes and miscues, as the Canucks lost 4-2 at Rogers Arena.

On Wednesday

Lightning	Canucks
4	2

The loss drops Vancouver's record to 23-12-7 and keeps them at 53 points in the Western Conference standings.

Not even another demonstrative pep talk from head coach John Tortorella during a first-period timeout could get the Canucks, outshot at that point by an 8-4 margin, on the right path.

The two teams finished the first period in a scoreless deadlock.

Goals came quickly in the second period.

Brad Richardson opened the scoring for the Canucks with his eighth of the season.

The Lightning struck just over four minutes later, scoring twice in a span of 20 seconds to take a 2-1 lead. Zac Dalpe responded for Vancouver 14 seconds after the Lightning jumped ahead.

But a failed clearing attempt from the usually sure-handed Chris Higgins resulted in a Nikita Kucherov blast that beat Canucks' puckstopper Eddie Lack over the glove and just under the crossbar, giving Tampa Bay a 3-2 lead.

Leafs' Bozak the boss of the Big House

Henrik Zetterberg of the Red Wings and the Maple Leafs' Nazem Kadri face off during the Winter Classic in Ann Arbor, Mich., on Wednesday. The Leafs won 3-2 in a shootout. GREGORY SHAMUS/GETTY IMAGES

Mike Babcock wasn't on the ice at Michigan Stadium, so seven minutes into the Winter Classic the Detroit Red Wings' coach asked star Pavel Datsyuk how he thought things were going.

"He said, 'Well, we're being too careful with the puck,'" Babcock said. "But he said, 'We got to be because you're scared to turn it over, there's so much snow.'"

Snow built up throughout the frigid game, which the Toronto Maple Leafs won 3-2 in a shootout to jump ahead of the Red Wings in the standings. The conditions didn't make for the prettiest game, but the spectacle of a capacity crowd of 105,491 in Ann Arbor set a picturesque scene.

"I don't know if you would call it a gem from a pace standpoint," Leafs coach Randy Carlyle said. "The weather definitely changed the way it was presented with the snow coming down, and it brought back a lot of memories from a childhood of playing outside."

Tyler Bozak scored the shootout winner in an event that set the NHL attendance record and might have been enough to make the Guinness Book of World Records. It was -11 C at puck drop. James van Riemsdyk and Bozak scored for Toronto and Daniel Alfredsson and Justin Abdelkader had markers for Detroit.

"The NHL did a good job keeping the ice as clean as possible," said Leafs captain Dion Phaneuf. "It's an experience. It's an outdoor game — in the middle of winter you're going to have snow."

THE CANADIAN PRESS

Canucks goalie Roberto Luongo should get the benefit of the doubt to start in net for Canada when the Olympics start next month. DEREK LEUNG/GETTY IMAGES

Bold predictions and difficult decisions

Sochi 2014. Deadline to name Canadian men's Olympic hockey team roster looms for executive director Steve Yzerman

CAM TUCKER
cam.tucker@metronews.ca

The calendar has flipped to 2014, and the date when Canada's men's Olympic hockey team roster will be announced is fast approaching.

The selection deadline is Jan. 7, exactly one month before the opening ceremonies of the 2014 Sochi Olympics. Canada is the defending gold-medal champion.

This space has been dedicated to this reporter's roster predictions. It's the culmination of days of research, constant use of an eraser and serious second-guessing.

Again, just predictions.

Hockey Canada's Olympic management team, including executive director Steve Yzerman, has that difficult, high-pressure responsibility.

Let the predicting begin.

In goal: Roberto Luongo, if healthy, begins the tournament as the team's starter, with Carey Price as the prime back-up. Minnesota's Josh Harding is having a remarkable season with phenomenal numbers, but Mike Smith of the Phoenix Coyotes slots into the No. 3 spot, particularly after his showing with Team Canada at the 2013 world championships.

On defence: A solid crop from the 2010 defence corps returns, with Brent Seabrook and Dan Boyle slotting into the No. 7 and 8 spots. Enter Marc-Edouard Vlasic, a left-handed shot of San Jose, into a top-six spot, as well as St. Louis standouts Jay Bouwmeester — an excellent skater — and Alex Pietrangelo. Both have been towers of strength for a strong Blues team in the offensive and defensive zones.

On forward: Tough decisions, and some natural centres may be moved to the wing. Chris Kunitz begins the tournament alongside his Pittsburgh teammate, linemate and 2010 hero, Sidney Crosby. Up the middle, there's not much surprise — Crosby, Ryan Getzlaf and Jonathan Toews all made their contributions in Vancouver four years ago and should return again. A potential wild card: Steven Stamkos, the prolific Tampa Bay Lightning right-shooting scorer who is still working to come back from a broken tibia.

Roster prediction

- **Goalies.** Roberto Luongo, Carey Price, Mike Smith
- **Defenceman.** Duncan Keith, Shea Weber, Jay Bouwmeester, Alex Pietrangelo, Marc-Edouard Vlasic, Drew Doughty, Brent Seabrook, Dan Boyle
- **Forwards.** Chris Kunitz, Sidney Crosby, Steven Stamkos, Matt Duchene, Ryan Getzlaf, Corey Perry, Logan Couture, Jonathan Toews, Patrick Sharp, Rick Nash, Patrice Bergeron, Martin St. Louis, John Tavares, Claude Giroux

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Horoscopes

♈ Aries
March 21 - April 20
With Mars, your ruling planet, moving through your opposite sign of Libra you will be very impatient over the next 24 hours, especially with people who think slowly. Compared to you, that's just about everyone.

♉ Taurus
April 21 - May 21
Cosmic activity in the work and well being area of your chart warns you must be careful not to overdo it today. You may have a thousand and one things to do but you won't get them all done at once.

♊ Gemini
May 22 - June 21
Don't let others' doubts stop you from pushing ahead with a plan you know has the potential to make you both happy and successful.

♋ Cancer
June 22 - July 23
Try to give loved ones more freedom today and tomorrow. It's not enough just to say that you trust them — show it too. Besides, the more you try to control others, the more you encourage them to break away.

♌ Leo
July 24 - Aug. 23
Your confidence may sink today but it's a passing phase, so don't worry about it. Most likely you are the only one who will notice anyway. A Leo who lacks confidence still looks and sounds like a winner.

♍ Virgo
Aug. 24 - Sept. 23
The sooner you stop worrying about your money situation, the sooner it will sort itself out. The more you torment yourself about something the more power you give it.

♎ Libra
Sept. 24 - Oct. 23
Mars in your sign makes you more aggressive than usual, so be careful when dealing with people one-to-one. You may not realize how intimidating you seem, but others notice. Treat everyone with respect.

♏ Scorpio
Oct. 24 - Nov. 22
There is no point feeling sorry for yourself, not even if your number one plan seems to have hit a brick wall. If fate in its wisdom wants you to stop for a while or try a different course, just take it in your stride.

♐ Sagittarius
Nov. 23 - Dec. 21
Others may say you are aiming too high but you know that you have to aim high to increase your chances of hitting a worthwhile target.

♑ Capricorn
Dec. 22 - Jan. 20
Mars is currently moving through the career area of your chart, which means that people who see you as a rival will do whatever they can to disrupt your climb to the top. They won't succeed, of course.

♒ Aquarius
Jan. 21 - Feb. 19
Take care not to say too much when talking to people you are not sure you can trust. You like to chat, it's part of your nature, but if you say too much you could undermine your position.

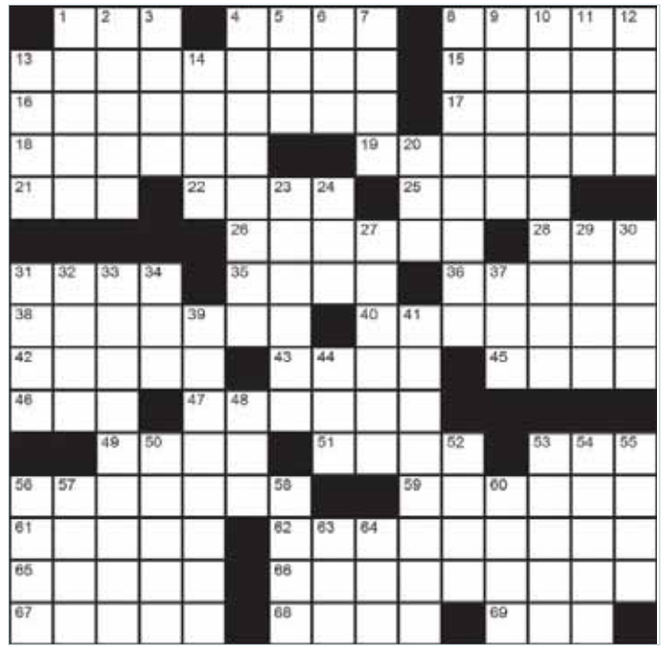
♓ Pisces
Feb. 20 - March 20
You know may believe one thing but if your instincts tell you a different story, it is your instincts you must trust. There is such a thing as herd mentality and there's a lot of it.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

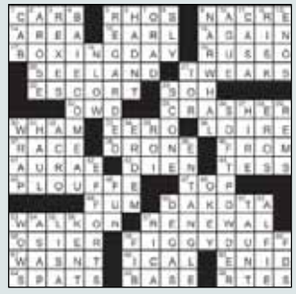
BY KELLY ANN BUCHANAN



Across
1. Nero's 201
4. Parisian 'pea'
8. Type sizes
13. Canadian comic legend: 2 wds.
15. Judy Garland's daughter Ms. Luft
16. Theory of __
17. Eel, in sushi bars
18. Leave
19. Inhabitant
21. Magazine edition [abbr.]
22. Celeb's to-an-event ride
25. Ms. Gray of tunes
26. Sewing machine brand
28. Address book abbr.
31. Pro __ (In proportion)
35. __ __ off (What light switches could be at any given time)
36. County in Ireland
38. Component
40. The Band song that goes "Boards on the window / Mail by the door..."
42. Famous violin, commonly
43. Organic compound
45. Li'l instruments
46. Rocky hill
47. Legendary lady of Coventry
49. Actor/rapper, __-_
51. Door openers
53. Curve
56. T.O.'s world-renowned free-standing structure: 2 wds.
59. Sporty position
61. Q. "Is '__' _ 1991 Dustin Hoffman movie?" A. "Yes."
62. Hit by Montreal band Bran Van 3000 featuring the singing of Curtis Mayfield
65. Ms. Lavigne
66. Sports: Ottawa Senators founder, Bruce __
67. Actress Salma
68. Gulf leader [var. sp.]
69. 'Count' suffix

Down
1. Inlets
2. Dices
3. Bran Van 3000's "Drinking __ _-_"
4. Jim __, Canadian tycoon whose holdings include the Guinness World Records books
5. Clandestine maritime org.
6. Oath-taker's words
7. Music's *N__
8. Ancient Greek biographer of Parallel Lives
9. Ancient column style
10. Chilliwack song: 2 wds.
11. Brad Pitt's leading lady, for short
12. 1940s baseball pitcher Johnny
13. Knight in George Lucas' world
14. Ringlet
20. "_ __ Mine" by The Beatles
23. Coined
24. Artist Yoko
27. Furrow
29. Lake __
30. Pasturelands
31. Relaxation
32. Choir voice
33. Nunavut, for one
34. Music honour, e.g.
37. Currency in Romania
39. Out-in-the-open-air attraction at #56-Across
41. Theatrical offering attendee
44. 'Neat' suffix
48. 'Capri' suffix
50. American journalist Ms. Roberts
52. __-chef
53. Canadian shoe stores
54. Nothings: French
55. Give up
56. Nuu-__-nulth (People of the Pacific Coast of Vancouver Island)
57. Explosive star
58. "Pearl Harbor" (2001) role, Capt. __ McCawley
60. Poker stake
63. Actor Alastair
64. Three

Tuesday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2	5		1	7	3		
	3				9			8
			4	3				
		6				4	5	
			3		1			
	5	9				7		
				4	2			
1			9				2	
		4	1	7		9	6	

Dec 26's Sudoku

3	7	9	1	2	5	8	4	6
1	2	8	3	4	6	5	7	9
6	5	4	8	9	7	3	2	1
7	6	1	9	3	8	4	5	2
9	4	3	5	6	2	1	8	7
2	8	5	4	7	1	9	6	3
5	1	2	6	8	9	7	3	4
4	9	6	7	5	3	2	1	8
8	3	7	2	1	4	6	9	5

Today
7°/2°
Rain
90%

Friday
6°/1°
Partly cloudy

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